

CHITTENDEN NEWS

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Workplace Injuries: The First 24 Hours Matter!

When an employee is **injured on the job**, the first **24 hours are crucial**. A timely, organized response can promote recovery, reduce claim costs, and **protect your organization**. Here's what every employer should prioritize:

1. Report the Injury Immediately

Quick reporting keeps you compliant with OSHA, limits claim delays, and improves recovery outcomes. Assign a manager to report injuries internally and to your insurance carrier without delay.

2. Provide Prompt Medical Care

Have a trained supervisor assess the injury and decide the next steps—first aid, hospital visit, or occupational clinic. Pre-established relationships with medical providers make this smoother and more effective.

3. Initiate a Return-to-Work Plan

Start planning the employee's safe return early. Communication between the employee, supervisors, medical providers, and claims adjusters helps prevent reinjury and supports a smooth transition back to work.

FACT

Delayed reporting workplace injuries can result in a 51% increase in associated costs.

Stay Cool, Stay Safe

To prevent heat-related illness, ensure workers hydrate with water every 15–20 minutes—don't wait for thirst.

Schedule frequent shaded or indoor breaks, especially during peak afternoon heat.

Rotate strenuous tasks and encourage early reporting of symptoms like dizziness or fatigue.

Train supervisors to recognize heat stress early and respond promptly.

A proactive plan keeps your team safe, healthy, and productive—even in extreme summer heat.

Contact Us

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